

Dear Member,

Finally some sunny weather. The rains fell and the creek almost came over the bank, but then everything just stopped. The water receded and the sun is now shining.

We are in the last month of the CSA season. The fall is a time of somewhat limited vegetables but we are trying to keep your share interesting by sending different varieties of the fall vegetables that we can grow and store. The potatoes this week are Russet Potatoes. They are wonderful for baking and make great oven fries. I cut them into fourths, sprinkle a bit of olive oil over them, salt and sometimes Cayenne pepper. Place them in a single layer on a baking sheet and bake until tender.

We still have maple syrup and honey for your end of the year orders but please remember that there are only three weeks left after this delivery so we need your order within the next two weeks. We have no more Quart size of maple, but do have Pints and 1/2 Gallon (two quarts). We have honey in all the sizes. Enjoy the vegetables-Pete and Deb

SHARE INCLUDE: Russet Potatoes-1 basket Carrots-1 basket Onions-3 Winter Bor Kale-1 head
 Top Bunch Collards-1 head Brussels Sprouts-1 stalk-the sprouts are small but delicious. Take them from the stalk, clean off any poor looking outer leaves and quickly steam them. Parsley-1 bunch
 Carnival Winter Squash-2 *Fruit Share*-all in one bag-Bosc Pears, Ida Red Apples, Mutsu Apples, Fuji Apples
 Mutsu are the green apples. Great eating or cooking. Fuji are the pinker apple. Very firm and delicious.

SOUP Want to use a lot of veggies, very little time? Start with a base:

- **Potato-onion base:** (even better with leeks): Saute chopped onion in a little butter or oil. Add peeled, cut potatoes (3-4 medium per onion); toss to coat. Cover with water and cook until potatoes are soft, about 25 minutes, drain, cool slightly, puree in food processor. Return to pot.
- **White sauce base:** Heat 2 cups milk to almost scolding; don't let it boil. Meanwhile, melt 3 Tbsp butter in a heavy pot. Add 3 Tbsp flour and whisk until they are completely combined; keep whisking for a few minutes to cook. Add hot milk, all at once, and keep whisking until it thickens, about 5 minutes.
- **Stock:** If you use stock as a base for your soup, you might want to thicken it with pureed vegetables, milk, or cream

Add vegetables: If you are using vegetables that take a long time to cook (like turnips or carrots) with a potato-onion base, cook and puree them with the potatoes. Quick-cooking vegetables, like broccoli, should be added later. Leftover cooked vegetables are great. Some vegetables you can use: turnips, beets, carrots, broccoli, winter squash (cook separately first), greens (sauté briefly first), ... any vegetable!

Add milk, grated cheese, cream: If you'd like or add pureed vegetables.

Boost protein: By adding chunks of meat, poultry, seafood.

Season: Salt and pepper, of course. If you're adding fresh or dried herbs, do so in the last 4-5 minutes of cooking or reheating. You can add mashed roasted garlic or sautéed garlic at any time. If you like it hot, add jalapeno peppers or hot sauce.

Sprinkle: Sauteed mushroom or onions, toasted nuts, mashed roasted garlic, croutons, fresh parsley or dill.

Some good combinations: If there is **winter squash or carrots** in your soup add some apples or cider, and ginger and/or cinnamon. **Broccoli and cauliflower**, add a little nutmeg to base. **Beets**, add some orange juice and/or horseradish. **Turnips/rutabaga/kohlrabi**, add a tsp of sugar when cooking with potatoes.

SKILLET-CRUSTED POTATOES These potatoes are at their best when browned just before serving.

2 1/2 pounds small boiling potatoes

3 tablespoons olive oil

1 tablespoon chopped fresh thyme leaves

In a large saucepan cover potatoes with salted cold water by 1 inch and simmer potatoes 10 to 15 minutes, or until just tender. Drain potatoes in a colander and cool. Potatoes may be prepared up to this point 1 day ahead and chilled, covered. Halve potatoes crosswise. In a 10- to 12-inch non-stick skillet heat 1 1/2 tablespoons oil with 1/2 tablespoon thyme and salt to taste over moderately high heat until hot but not smoking and add half of potatoes, cut sides down. Cook potatoes, without stirring, until cut sides are golden and crusty, about 5 minutes, and toss potatoes, shaking skillet, to coat with oil. Transfer cooked potatoes to a serving bowl and cook remaining potatoes with remaining oil and thyme in same manner. Serves 6.

MEMBERS PLEASE REMEMBER TO REGISTER NOW FOR NEXT YEAR.

CARROT BREAKFAST MUFFINS

½ tsp ginger 2 cups whole grain pastry flour ¼ cup canola oil ½ cup pure maple syrup
1 egg, beaten 1 cup finely grated carrot ¼ cup raisins ¾ cup apple juice

-Preheat oven to 400 degrees. Oil a 12 cup muffin tin. In a large bowl mix ginger into flour. In another bowl, whisk oil and syrup. Mix in the egg, then add carrot, raisins, and juice. Fold dry and wet ingredients together until flour mixture is moistened. Spoon batter into muffin cups until ¾ full. Bake 20 min. or until tester comes out clean.

Parsley is a remarkable source of nutrition: it contains several times the vitamin C of citrus, is one of the highest sources of vitamin A, chlorophyll, calcium, sodium, magnesium, and iron. Promotes urination and dries watery mucous conditions; Good for the treatment of obesity, swollen glands, edema, and kidney stones. Parsley improves digestion. Use like any other green in salad or stir-fries; chop over pasta; throw into soups or stews.

To store: Wrap in a damp towel and store in frig. Or place upright in a container with an inch or so water at the bottom in frig, will keep for 2-3 weeks like that.

GLORIOUS GREENS: Nutritionally, greens are very high in calcium, 120 -190 mg per cup. They're also high in magnesium, iron, potassium, phosphorous, zinc, and a power house for Vitamin A, C, E and K. They are also crammed high with fiber, folic acid, chlorophyll and many other micro-nutrients and phyto-chemicals.

Some of the benefits from eating dark leafy greens are:

- blood purifier
- cancer prevention
- immune strengthener
- promotes healthy intestinal flora
- improves liver, gall bladder and kidney function
- lifts the spirit, fights depression
- clears congestion, especially in lungs, reduces mucus
- improves circulation

WARM POTATO AND KALE SALAD

3 large potatoes (1 ½ pounds), cut into half inch cubes
2 tsp sea salt, divided
2 Tbsp extra-virgin olive oil

½ cup chopped yellow onion

2 cloves garlic, sliced

4 cups kale, washed, drained, and chopped into thin strips
1 cup chopped tomatoes, seeded

Bring 6-8 quart pot of water to a boil, and add potatoes and 1 tsp salt. Cover, reduce to a simmer, and simmer for 15 minutes. Meanwhile, heat a large skillet over medium heat and add the oil. Sauté the onion, stirring often, for 5 minutes. Add garlic, stir well, and cook for 1 minute more. Add kale, tomatoes, and the remaining 1 tsp salt to the sautéed onions, stir well to combine, and cook for 2 minutes. Cover and remove from heat. Drain the cooked potatoes and add them to the sautéed onions and kale. Stir well to combine and serve. Yields: 4 ½ cups

ITALIAN STYLE BEANS AND GREENS

1 Tbsp olive oil
½ cup finely chopped red onion
1 tsp sea salt
1 tsp red pepper flakes
2 cloves garlic, thinly sliced

2 cups sliced shitake or button mushrooms
1 ½ cups (15 oz can) white cannelloni beans, rinsed and drained
1/3 cup dry white wine
8 leaves kale, cleaned, stemmed, and cut into thin ribbons

Heat a large skillet over medium heat and add oil. Add onions, salt, and red pepper flakes and sauté for 4 minutes, stirring occasionally. Add garlic, mushrooms, and beans, stir and sauté for 2 minutes more. Add wine and stir to mix. Add kale, stir to coat leaves, and cover. Reduce heat to medium-low and cook for 5 minutes. Remove the cover and allow mixture to cook for 2 more minutes so that the extra liquid cooks off. Makes: 4 cups

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